


> [Fr J Urol. 2024 Sep 5;34\(13\):102738. doi: 10.1016/j.fjurol.2024.102738. Online ahead of print.](#)

Clean intermittent catheterization in multiple sclerosis patients: An adherence and long-term follow-up study

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22/11/2024





WHY NEURO-UROLOGY ?

In neurological rehabilitation center:

- Urinary disorders are reported daily by patients / nursing / multidisciplinary team
- Other countries (France, Luxembourg): PRM treat urinary symptoms



Why not?



INTRODUCTION

Multiple sclerosis:

CHU Liege rehabilitation
center:
220 MS patients

Prevalence: 83/100,000 in Europe

*75-80% of patients will develop
Neurogenic Lower Urinary Tract
Dysfunction within 6 to 10 years of
disease onset*

*In 10% of cases, they are the first
manifestation of the disease and lead
to a diagnosis*

- **Urinary infection**
- **Renal failure**
- **Alteration of QoL**
- **Obstacle to rehabilitation**

**It is essential to take them into account in
the rehabilitation process.**

MATERIALS AND METHOD

Retrospective multicentric observational study

(CHU Liège - CHR Huy)

Approved by both local ethic committees

Inclusions:

- > 18 ans
- MS
- Indication of catheterization

Data collected: 01/01/2000 to 31/03/2024

Case history

Bladder diaries

RESULTS

● Primary outcome
Characteristics of our population

N	195	
Women	141	
Mean age (years)	49	
Median EDSS at stating	5.5	
Median follow-up (years)	9	
Adherence (%)	65	
Continence (%)	Before CIC	25.8
	With CIC	68.4

● Secondary outcome
Adherence

● Other data

LIMITATIONS

- **Reasons for stopping**
- **Lack of questionnaires**
 - improve recruitment (PP-test)
 - to identify the psychological barrier and fear (I-CAT)
 - technical constraints (LUTS-TCA)
- **Relation with:**
 - Urodynamic data
 - others factors in relation with continence (BMI...)

STRENGTH

- **Sample size**
- **Length of follow-up**
- **Originality (few study about specifically MS patients)**

CONCLUSION

Starting CIC: multidisciplinary choice: take into account the global function of our patients (cognitive, physical abilities, socio-cultural aspects, cost).

MS is a progressive disease which requires regular assessment.

In our cohort, improvement of continence and quality of life

THANK YOU

More informations
in my publication

